



# BEYOND LIMITS

Beyond the limits of conventional support

## **PROMOTING ENVIRONMENTAL AWARENESS POLICY**

**This policy aims to provide ideas and insight into the need to protect our environment. It aims to support individuals and colleagues to develop environmental awareness. It is about safeguarding all our futures.**

## IMPORTANT

We believe that in maintaining a truly responsible and holistic approach to delivering the highest possible standards of care and support, we cannot forsake the importance of nurturing an understanding of the need for global sustainability and environmental awareness.



## ENVIRONMENTAL AWARENESS

This policy is intended to underscore expectations that all colleagues will encourage and support individuals receiving care and support to respect the world around them. We aim to support them to be active and responsible participants in the establishment of a truly “eco-conscious” environment.

Beyond Limits believes that having a proactive awareness of issues facing the environment is important. For example, it will help to support individuals to increase their independence by engaging in practical activities (such as growing “food to fork” and reducing unnecessary energy use). It will help with managing budgets, conserving resources, and saving energy, as well as reducing waste.

To achieve this, we understand that we need to take responsibility for our own actions and maintain a sense of duty and care for the world in which we live. Importantly, we believe that this will promote our overall commitment to supporting individuals to develop the principle of “respect.”

This means:

- We will respect one another and support others to do so. This will permeate all we do, whether in terms of discussing global issues, welcoming people of different races, faiths, abilities, sexualities or simply interacting positively with each other.
- We will extend this respect to the environment and all living creatures.

**We believe that the above can be achieved in part by a clear regard for the following goals:**

- **REDUCE** the materials we use and waste we produce.
- **RE-USE** and **RECYCLE** materials wherever possible.
- **RESTORE** what is deemed to have been destroyed.
- **RESPECT** our neighbours and our environment.

## **REDUCE**

The follow guidance details “common sense” approaches to managing the use of energy, facilities, and resources.



**All colleagues should (and in doing so, encourage individuals to):**

- **Switch off lights when they are not in use.**
- **Keep outside doors shut in cold weather.**
- **Turn off taps when they are no longer needed.**
- **Turn off computers, electrical equipment and charging devices when not in use.**
- **Monitor the energy used and explore new ways of reducing the amount used in a way that does not negatively impact upon the homeliness of the accommodation.**



**Reduce the amount of paper used in the office by:**

- **Keeping written documents to 1 or 2 sides of A4 wherever possible.**
- **Using double-sided photocopying wherever possible.**
- **Using paper/card recycling bins.**
- **Using e-mail wherever possible.**
- **Adopt more online tools to be paper free.**

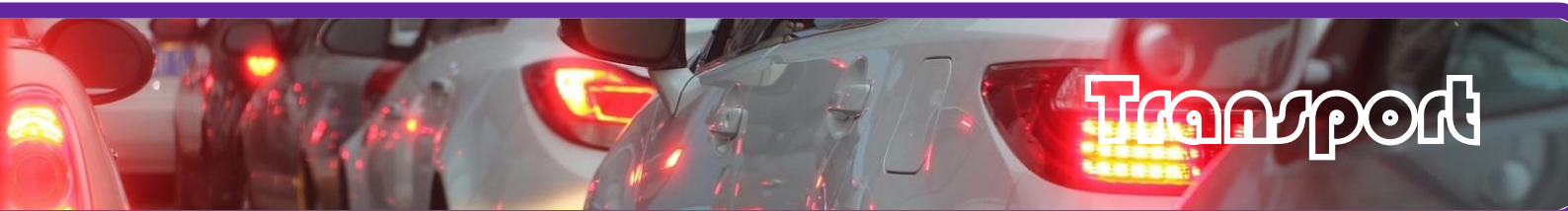
### **IMPORTANT:**

**Sensitive personal information that is not required for regulatory retention, must be shredded before disposal. The shredding of sensitive information must be recorded in the Destruction Register.**



**Colleagues and individuals are encouraged to reduce the amount of plastic they use by:**

- Carrying a reusable drink bottle (N.B. There are even places that will refill bottles for free).
- Say no to plastic straws.
- Use a reusable coffee cup.
- Try to avoid products with excessive plastic packaging.
- Avoid microbeads (prohibited in the UK from 2018).
- Carry a “bag for life” reusable shopping bag.



**Wherever possible:**

- Avoid using the car for short journeys that could be reasonably walked or cycled.
- Take part in the cycling proficiency scheme to encourage safe cycling.
- Share transport where possible.
- Always drive responsibly and safely – by traveling within the recommended speed limits vehicles should become more efficient and economical.



## **REUSE**

**Wherever possible we will:**

- Aim to ensure that individuals are supported to use a suitable composting bin/container.
- Encourage individuals to compost uneaten food, garden waste and other suitable materials.
- Consider donating materials that are no longer required.
- Consider innovative and creative ways to use unwanted goods.
- Recycle appropriate materials or components of materials that are no longer required.

# RECYCLE

## IN THE KITCHEN

Have a bin for non-recyclable waste and separate storage for anything that can be recycled or reused (i.e., food scraps, paper and tin).

## COMPOSTING

Organic waste is biodegradable and produces methane gas as it rots.

Rather than going to landfill, where its fumes can pollute the environment, organic matter can be safely and efficiently disposed of at home via composting, where it is converted into rich, organic garden fertilizer.



A lidded box for compostable food scraps is essential in any recycler's kitchen – it needs to be small to encourage regular emptying, so smells and bacteria do not build up. A clean ice cream tub is perfect – remember which kitchen waste you can and can't compost though: fruit and vegetables, teabags and eggshells are fine, but no cooked food or other waste!

## RECYCLING ALUMINIUM & TIN

Old tins cans and metal products make up around 8% of the average household's dustbin contents. Domestic can crushers can be purchased to reduce cans down to around a third of their original size, making their storage until disposal more manageable. Some can crushers are specifically for drinks cans, some will cater for food tins. A similar effect can be achieved by enthusiastic crushing by a suitably booted foot!

## GENERAL RECYCLING

The local authority offers a regular collection service for certain recyclable materials and provides clear guidance upon what can and can't be recycled.

Newspapers and magazines can be recycled at the local recycling depot or used for other things!

The following recycling symbols can be found on a variety of packaging and explain a range of information, such as whether an item can be recycled, how to dispose of the item, or if it's made of recycled material.

## Mobius Loop

Indicates that an object is capable of being recycled - not that the object has been recycled or will be accepted in all recycling collection systems. Sometimes this symbol is used with a percentage figure in the middle to explain that the packaging contains x% of recycled material.



## "Tidy-man"



Dispose of this carefully and thoughtfully. Do not litter. This doesn't relate to recycling, but is a reminder to be a good citizen, disposing of the item in the most appropriate manner.

## The Green Dot

The Green Dot does not necessarily mean that the packaging is recyclable, will be recycled, or has been recycled. It is a symbol used on packaging in many European countries and signifies that the producer has made a financial contribution towards the recovery and recycling of packaging.



## Glass



Please dispose of glass bottles and jars in a bottle bank (but remember to separate colours) or use your glass household recycling collection if you have one.

## Recyclable Aluminium & Steel

The item is made of recyclable aluminium:



The item is made of recyclable steel:



## Compostable

The 'seedling' is the registered trademark of European Bioplastics. Products certified to be industrially compostable according to the European standard EN 13432/14955 may carry the 'seedling' logo.



## Paper

To be given the National Association of Paper Merchants' mark, paper or board must be made from a minimum of 50%, 75% or 100% genuine waste paper and/or board fibre, no part of which should contain mill produced waste fibre.



## Wood



The Forest Stewardship Council (FSC) logo identifies products that contain wood from well managed forests independently certified in accordance with the rules of the FSC.

# RESTORE

**Restoring something is bringing it back to life. This can be applied in terms of objects and items that could be repaired or in a greater sense, planting trees in select locations will support the active restoration of our environment.**

**It is a widely accepted fact that human beings throw away far too much that could be repaired and restored. Colleagues should recognise that there are valuable opportunities to support increasing independence in working together to bring something back to life.**

# RESPECT

**Respect should be encouraged. Individuals should be supported to understand the value of respect towards the environment, with a clear focus upon the benefits.**

**Colleagues should:**

- **Help individuals to respect one another and support others to do so. This means in terms of discussing global issues, welcoming people of different races, faiths, abilities, sexualities or simply interacting positively with each other for example.**
- **Support, advise and guide individuals towards a greater understanding of respect for the environment and all living creatures.**

**Colleagues should be aware that inspiring and motivating individuals to become “eco-aware” is an important element of their holistic development into independence.**

**Beyond Limits (Plymouth) Limited**  
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